

# ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

December 2003

The COA Office/Center is open weekdays 8 AM-5 PM.

**The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720**

The Acton Council on Aging Board will not meet in December.

## Trim a Tree at the COA

**Monday, December 1<sup>st</sup>, at 12:30 p.m.**

Join us as we bring out all the trimmings and some wonderful refreshments to help decorate the Senior Center and welcome the Holidays! We will sing along with the Choral Singing group and enjoy the task at hand! Many hands make light work!

*The staff and Board of the Council on Aging wish all Acton seniors and their families a joyous Christmas, Happy Hanukkah, and a safe, healthy and peaceful New Year.*

## **A Holiday Tea!**

**Wednesday, December 10th at 1:00**

To help usher in the Holidays we will be hosting a Tea Party at the Senior Center and you are invited! Join us for a cup of tea and enjoy tea sandwiches and finger desserts with us. Bring a friend, meet someone new and enjoy some Holiday cheer! Please call the COA office at (978) 264-9643 to sign up for this festive event! Men are most welcome!

**Wednesday, December 17<sup>th</sup>**

## **A full afternoon at the Senior Center!**

Start with a **Holiday Luncheon**, add a jolly fellow in a red suit, the anticipation of hearing the **winner of the beautiful hand-made quilt** by our own senior quilters and then the pleasure of spending time with our own **state senator, Pam Resor**. Join us at 11:45 for this very popular lunch and to enjoy a little treat from Santa; **please call the meal-site to reserve your space at (978) 263-5053**. The quilters will be on hand to sell last minute raffle tickets for this pretty, double-bed sized quilt and then we will adjourn to the living room to hear Senator Resor speak about current issues and to answer your questions. You need to sign up for lunch only. **If you are coming just to meet with Senator Resor, please join us at 1:00.**

*Holiday Greetings*

## **Dates to Remember**

## **Page**

Dec. 1 <sup>st</sup> - Trim a Tree Party	1
All Trips	8
Dec. 3 <sup>rd</sup> - "Classy Cuffs" Class	7
Dec. 4 <sup>th</sup> and 11 <sup>th</sup> - Snowman Project	7
Dec. 10 <sup>th</sup> - Holiday Tea	1
Dec. 12 <sup>th</sup> - Men's Breakfast	2
Dec. 12 <sup>th</sup> - Ladies Lunch	2
Dec. 16 <sup>th</sup> - Evergreen Centerpieces	7
Dec. 17 <sup>th</sup> - Holiday Lunch, Quilt Raffle and Senator Pam Resor Visits	1&2
Dec. 18 <sup>th</sup> - Holiday Lights Trip	8
Dec. 19 <sup>th</sup> - Movie Mania	4
Dec. 29 <sup>th</sup> - Book Group	3

**For more information on the Acton Council on Aging and the Senior Center go to [www.acton-ma.gov](http://www.acton-ma.gov). Our monthly newsletter is also available at this web site.**

**The Council on Aging and the Acton Senior Center will be closed:**

**Christmas Day,  
Thursday, December 25<sup>th</sup>  
New Year's Day,  
Thursday, January 1<sup>st</sup>**

## **MINUTEMAN MEAL SITE**

**Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call**

978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation.) **If you are unable to come for lunch, please call to cancel your meal.** The **December Birthday Lunch** will take place on **Wednesday, December 10<sup>th</sup>**. If your birthday is in the month of **December**, you are invited to a complimentary lunch. On **Wednesday, December 17<sup>th</sup>** please join us for the **Holiday Lunch**, the **quilt raffle**, and to **visit with Santa Claus and Lt. Don Palma**, police force liaison to Acton seniors, who will be joining us for lunch.

### **Men's Breakfast**

**Friday, December 12<sup>th</sup>, 9:00 a.m.**

*Please call the COA office **by Wednesday, December 10<sup>th</sup>** for a reservation.*

*We may have a surprise speaker!  
\$2.00 donation.*

### **Ladies Lunch!**

**Friday, December 12<sup>th</sup> at 11:30 a.m.**

Please join us for our next luncheon gathering. **Marcia Rich and Doug Halley will speak about "Pine Hawk", Acton's Native American archaeology site.** We will enjoy soup, dessert, coffee and tea along with your sandwich from home, if you would like! **Please call the COA office by Wednesday, December 10<sup>th</sup>, to reserve a spot. Donation-\$1.50 please. Soup makers are needed for the continued success of this program so please call to volunteer to join us!**

### **Safety Sand 2003-04**

Safety Sand for seniors has resumed for this winter season. Safety Sand (salted Highway Dept. sand) was delivered in 10 qt. plastic pails to homes by volunteers from the **Acton-Boxborough Regional High School**. Call the COA to request a refill as the winter progresses.

Community Supper, which runs the **Food Pantry at 18 Windsor Avenue** in West Acton, is in urgent need of food donations. The Pantry is in need of **cold/hot cereal, peanut**

**butter, jelly, tuna fish, pasta, pasta sauce and rice.** Please make sure no products are past expiration date. Individual food donations may be dropped off at Roche Bros., Donelan's, or the main post office in Acton, or **bring to the Senior Center Holiday Lunch on December 17<sup>th</sup>**. (Please sign up for dinner at 978-263-5053). **THANK YOU!**

### **Help for Fuel Expenses**

#### **SMOC Fuel Assistance**

#### **Need help paying your heating bill?**

**New** applications for fuel assistance for 2003/2004 are being taken **November 1<sup>st</sup> through April 30<sup>th</sup>**.

If your yearly gross household income falls within the limits below, you may qualify for fuel assistance and discounts on utility and telephone bills.

Household size	Max yearly income
1	\$ 17,960
2	\$ 24,240
3	\$ 30,520
4	\$ 36,800

(call for income guidelines for larger families)

*Call Carol Steiner at the COA 978-264-9643 for more information.*

#### **Citizens Energy Oil Heat Program**

Families can purchase one-time deliveries of discount home heating oil to help make ends meet over the winter months.

**Call 1-877-563-4645 (1-877-JOE-4OIL)**

**As in any year, please contact your fuel supplier to obtain information about low cost/reduced cost fuel and weatherization programs.**

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund**; contact Jean Fleming at the COA for information about this and additional emergency funds available from the **Salvation Army.**

### **EXERCISE PROGRAMS**

\*\*\*\*\***Winter Aerobics Registration**\*\*\*\*\*

Contact the COA office to sign up for this session which starts on **December 2<sup>nd</sup>** and

continues through April 16<sup>th</sup>. Check calendar for days the Center is closed.

**AEROBICS with Terri Zaborowski-**

**Senior Cardio-Flex:**

**No aerobics classes week of December 22<sup>nd</sup> and 29<sup>th</sup>.**

**Tuesday & Thursday from 9:00-10:00 or**

**Wednesday & Friday from 9:00-10:00 –**

Warm-up and stretch, aerobics and muscle conditioning then cool down segment.

**Beginner to Intermediate Stretch-Flex:**

**Tuesday & Thursday from 10:15-11:15**

Same as above, but at a lower-impact level.

**TUESDAYS: Yoga with Debbie Powers.**

**1:00-2:00 p.m.; through December 2<sup>nd</sup>.** Join

us for this 6-week, gentle and restorative program. **Perfect for beginners or**

**experienced students.** Wear warm,

comfortable clothing and bring a mat and

blanket. New students are welcomed.

**“Stretch and Flex” with Terri Zaborowski**  
**(formerly “Fountain of Youth”)**

**Mondays from 8:45-9:45; classes run**

**through December 8<sup>th</sup> and the next session**

**begins on January 5<sup>th</sup>.** Start with a gentle

exercise program and then progress to easy

weight training with Therabands. Exercise has

been shown to help restore your “youthfulness”

with the added benefits of friendship and

sociability. **Call the COA office to register**

**for the next 8 week session.**

**FRIDAY: T’AI CHI with Lynne Potts:**

**Intermediate/Advanced 11:30 a.m.;** The fall

session is over. Please look for sign-up

information for the next session in the January

newsletter.

**REMEMBER TO CALL THE COA  
OFFICE DURING INCLEMENT  
WEATHER TO SEE IF CLASSES OR  
TRIPS ARE CANCELLED  
(978) 264-9643**

## **COA GROUPS AND CLASSES**

**MONDAYS – Informal Bridge** on a drop in basis; **10:00-12:00. Bring a friend!**

**Bridge Class –** The next session of classes will start on **January 26<sup>th</sup> and run through April 5<sup>th</sup>.** Join us from **10:00-12:00 each Monday** for class and continuous play. **Call to register.** Beginners are welcomed.

**Choral Singing – Monday, December 1<sup>st</sup> and 15<sup>th</sup> at 12:45.** We sing for *FUN*, have a great pianist and song leader. Join us!

**MONDAYS AND FRIDAYS - POKER: 1:00;**  
**new players welcome! NO POKER FRIDAY, DECEMBER 26<sup>TH</sup>.**

**MONDAY - Book Group:** The Group will meet on **December 29<sup>th</sup> at 1:00** to discuss “Hard Eight” by Janet Evanovich. Copies may be available at the Acton Memorial Library. Consider bringing a friend! **Co-Leaders for this meeting are Marion Maxwell and Charlie Jenkins.** All seniors are welcome at any gathering of the Book Group.

**TUESDAY – Watercolor with Sue**

**Nordhausen – Remaining classes are on Tuesday, Dec. 2<sup>nd</sup> and 9<sup>th</sup> and Monday, December 15<sup>th</sup>, from 1:30 to 3:00 p.m.**

Class is full, please look for this offering again.

✧**Acton Senior Quilters**✧

**WEDNESDAYS, 10:15 to Noon:** Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

### **Greeting Card Workshops with Cynthia Durost**

Learn simple techniques to design your own holiday cards using watercolors, permanent markers and/or watercolor pencils to create original cards to send as a special present or duplicate to use as a holiday motif card.

**Wednesdays, December 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> from 9 to 11 a.m. Call the COA office to register as space is limited.**

**Ping-Pong/Pool:** every day after 12:30. We are always looking for new players! Please check COA calendar for schedule conflicts in the dining room.

**Knit & Crochet:** Join us at **12:30 on Wednesday, December 3<sup>rd</sup>, 24<sup>th</sup> and 31<sup>st</sup>,** as we welcome beginners and experts. You may work on your own project or choose to make a lap-gan to be donated to area nursing homes.

### **ASK THE LAWYER**

**Attorney Leslie Madge**, a certified Elder-Law Attorney, offers **20-minute** private legal **consultations** at no charge to Acton seniors. She will be in the Senior Center on **Monday, December 8<sup>th</sup>** from **1:00-3:00 p.m.**

Call the COA to schedule a consultation.

### **Widows and Widowers**

**Friday, December 5<sup>th</sup>, 1:30- 3:00**

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes. Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us

### **COA VAN SCHEDULE**

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents. The van is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **No out of town pick up after 2:30 p.m. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

### **Holiday Mini-Fair at Memorial Library**

**Saturday, December 6<sup>th</sup> from 10-1**

Non-profit organizations serving Acton will offer a wide range of gift items at the Holiday Mini-Fair. The Friends of the Acton Council on Aging will sell coffee and quilt raffle tickets.

Friendly Visitors Meeting  
No meeting in December.

*All visitors and people being visited  
are welcome to attend the  
COA Holiday Tea*

**Wednesday, December 10<sup>th</sup> 1-2:30**

Join in on our wonderful holiday tea party.

See the write up on the front page.

**RSVP to Carol at (978) 264-9643.**

### **Alzheimer's Services**

### **Alzheimer's Association Helpline:**

**1-800-548-2111.**

### **Monthly evening support group:**

**Wednesday, December 17<sup>th</sup>, 5:30-8:00 p.m.** at the Acton Senior Center. **For information, call Jean Fleming at (978) 264-9643.**

### **Early stage Patient and Partner Support**

**Group: First Tuesday of each month, 3:00 – 4:30 p.m.** Cooperative Elder Services Adult Day Center, **at their new location at 7 Chamberlain Drive, Concord.** Call **Arlene Parillo at (781) 863-1166.**

**Monthly morning support group:** Concord Park Assisted Living Residence in West Concord on the **3<sup>rd</sup> Tuesday of the month at 10:30.** Call **Pat Oliphant (978) 318-0046.**

**Cooperative Elder Services, Inc.** runs an **Adult Day Health and Alzheimer's Care Program** at their center in Concord. Please call **Pat Oliphant at (978) 318-0046.**

**Minuteman Senior Services** provides, free of charge, an **in-home consultation.** Please call **978-263-8720** for more information.

### **Caregivers' Support Group**

A general support group for all caregivers in the area meets at **Concord Park Assisted Living Residence** on the **2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month usually, from 11:00 to 12:30 p.m.** In December there will be **only one meeting on Thursday, December 11<sup>th</sup>.** The group leader is **Carola Domar, LICSW.** Please call her with any questions at **(978) 318-3020.**

### **Senior Cinema: 12:45 p.m.**

**Thursday, December 4<sup>th</sup>: "In-Laws"** with Michael Douglas. 2003 Comedy, PG-13.

**Thursday, December 11<sup>th</sup>: "Finding Nemo"** 2003, Disney, G. Dive into this great story!

**Friday, December 19<sup>th</sup>:** See article below.

**"Video Surprise" on Tuesday, December 23<sup>rd</sup> and 30<sup>th</sup> at 12:30.**

### **Movie Mania Returns!**

On **Friday, December 19<sup>th</sup>** join us for two great movies! At **10:30** we will show the funny remake of **"How the Grinch Stole Christmas"**, enjoy **pizza and drinks for \$1.50/slice** and then watch that old favorite **"White Christmas"** at **1:00.** Please call to reserve your space and order your pizza!

## VOLUNTEER SPOTLIGHT

Volunteer Spotlight is usually randomly drawn from over 175 volunteers, this month we celebrate:

### Unsung Heroes

Look around next time you are at the Senior Center or around town. Volunteers are everywhere! Who sorts and keeps our puzzles in line? Who waters the plants? How did the yarn get here for all of those wonderful donation projects? Who offers to drive acquaintances to the trip busses, to and from lunches and meetings, and even to shopping occasionally? Who will stop by with muffins or a smile and a friendly word when you most need it? Who takes care of the greeting cards from classmates and lunch friends? Who watches over the neighborhood where they have lived for so many years?

They help before you ask, smile to brighten your day and never expect anything in return. Who are they?

### VOLUNTEERS

So many are unsung heroes.

Please join us in saying,

***"Thanks for all you do!!"***

### Lots of COA Volunteer Opportunities:

<i>Wheel-A-Meal Drivers</i>	<i>Friendly Visitors</i>
<i>Computer Teachers</i>	<i>Group Leaders</i>
<i>Handymen</i>	<i>Office Support</i>
<i>Men's Breakfast support</i>	<i>Knitters</i>
<i>Ladies Lunch Corps</i>	<i>Newsletter Mailers</i>
<i>Quilters...</i>	<b>AND ALWAYS MORE!</b>

**Wheel-A-Meal Drivers:** Meals are delivered to individual homes in Acton five days a week.

Be a regular or substitute driver. Route takes approx 1¼ hours between 11:15-12:30 weekdays. Mileage reimbursement available.

**Handyman Program:** Provide simple home repairs, (see description in this newsletter) to Acton seniors.

**Volunteer drivers:** Drive Acton seniors to appointments not served by our van.

**Office support:** 2 hours one day a week to answer phones, do sign-ups, copying, etc.

**Volunteer teachers and group leaders:** Any specialty you can share like crafting, chess, computer teaching etc.

**Friendly Visitors:** One-to-one weekly home visiting.

**Call Carol Steiner at the Council on Aging with questions and/or to volunteer.**

## Holiday Fire Safety Tips

The Acton Fire Department, in conjunction with the Office of the State Fire Marshal, has compiled a two page printout of helpful hints for preventing fire tragedies in your home, particularly related to the holiday season. Here are some highlights, which hopefully we all know, but always bear repeating this time of year:

- Trim trees with flame retardant decorations.
- Keep trees away from heat sources, such as radiators, wood stoves and fire places.
- Water the tree daily, and dispose of before the needles dry out and become a fire hazard.
- If you select an artificial tree, choose one that is labeled "fire retardant".
- Unplug all decorative lighting before leaving the house or going to bed.
- NEVER LEAVE A CANDLE UNATTENDED. NEVER HANG CANDLES ON A TREE.
- When using decorative lights indoors or outside, use only approved lighting for both indoor and outdoor use.
- Check all lighting for frayed insulation or broken plugs and sockets. If the plug is damaged, DO NOT USE IT.
- Never overload outlets; use GFI outlets if possible.
- Put no more than three strands of lights on an extension cord.
- Never hide extension cords or electric wires under carpets.
- Be sure ALL SMOKE DETECTORS ARE OPERATING.
- Try to have a fire extinguisher accessible.
- If using a fireplace or wood stove, make sure chimney is well maintained.
- Use an approved container to dispose of hot ashes and secure tightly so loose embers can't ignite a fire.

• Stay safe and enjoy this special time of year.

## ACTON HANDYMAN PROGRAM

The Handyman Program will be on hiatus from December 12<sup>th</sup>-January 12<sup>th</sup> so they can participate in the holidays with their families.

Now in its 5<sup>th</sup> year! The Acton Handyman Program, staffed entirely by volunteers, was designed to help senior residents with small repairs and simple household jobs because seniors had difficulty engaging handyman services for these types of small jobs. We are happy to report that these **volunteers** have **donated** over 250 hours of service so far this year, but they are stretched very thin. We hope you continue to call with your requests for simple household fix-it requests and will be understanding as we help **prioritize** the jobs. We realize your families and friends are also stretched for time and energy, but we hope you are letting them know of your household needs as well.

**Small** household repairs, "fix-it" situations (priority given to safety concerns) are our specialty. Some jobs we can handle are:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Unsticking doors and windows
- Basic carpentry
- Moving a few pieces of furniture to accommodate holiday decorating
- Mattress flipping
- Put bi-fold doors back on track
- Simple computer, TV, VCR, DVD connections

*This well-used volunteer service should not take the place of hiring professional help for the multitude of jobs needed to set up a new household. We hope to suggest resources to help you find the help you need. Always check references before hiring any in home services.*

**Call the COA to request Handyman service.**

**The Handyman program is seeking specialists and versatile handy people** for various small jobs. If you are interested in using your skills we can always use more volunteers in this very successful and much needed program. Call **Carol Steiner** at the COA to inquire about volunteering.

Thank you everyone for your generous donations...the knitted and crocheted "lap-gans" that were donated and **GRATEFULLY** received by Life Care of Acton, quilts (wasn't the Acton Senior Quilters' donation spectacular?), hats, headbands and mittens (to be donated and distributed to those in need), durable medical equipment, yarn (for those cozy "lap-gans"), puzzles, books for our book swap shelf, videos for our ever growing video library...and so much more!

### Flu Shots are Still Available!

The Acton Public Health Nursing Service still has flu shots available. Acton Seniors may call the Nursing Service at **(978) 264-9653** to arrange an appointment.

### **Blue Cross and HMO Open Enrollment**

Open enrollment for all Medicare Supplemental Plans offered by Blue Cross is taking place until December 31, 2003, for coverage to be effective as of January 1, 2004. Call 1-800-258-2226 for applications and information. Medicare HMOs are also accepting applications on an ongoing basis. Call 1-800-779-7723 for Harvard Pilgrim Health Care; 1-800-678-2265 for Blue Care 65, 1-800-701-9000 for Tufts Associated Health Plan and 1-800-868-5200 for Fallon Community Health Plan.

### **Health Insurance Counseling SHINE**

**The SHINE Program**, Serving the Health Insurance Needs of Elders, trains volunteers to **assist seniors with their health insurance and prescription drug concerns**. This invaluable program is administered by Minuteman Senior Services.

**Please call the Acton Council on Aging office at (978) 264-9643 with your requests for this service** and we will relay your information to the SHINE counselor for Acton, **Maryjane Costello**. **Maryjane will return your calls on Monday of each week**, unless it is critical that you speak with her sooner. Please call as soon as possible if you have any concerns about your health or pharmacy coverage, so that she can be of assistance to you in a timely fashion.

### SENIOR CENTER CLINICS

**Hearing:** Thursday, December 11<sup>th</sup>, 1-3 p.m. at the Senior Center.

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free.

**Please call** to register.

**Podiatry Clinic:** Friday, December 5<sup>th</sup> and January 9<sup>th</sup>; 8-10:00 a.m.

Sponsored by Acton Nursing Service. There is a charge of **\$20.00\***. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Teresa Burtoft, DPM, provides basic services such as evaluation and nail clipping. \*This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

**Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.**

**Cholesterol Screening:** This clinic will be held on Thursday, January 15<sup>th</sup> from 9:00-12:00. Please call the Nursing Service at 978-264-9653 if any questions. Fee \$10.00.

**Blood Pressure:** Tuesday, December 9<sup>th</sup>, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

### Durable Equipment Loan Cellar

The Acton COA maintains a **cellar** of donated durable medical equipment, which can be loaned out to Acton seniors as needed. We appreciate all of your donations! Please call us if you have something you think we can use.

**Tub benches and shower chairs** are often in short supply so if you have one taking up valuable space, we would be glad to add it to the loan cellar.

**At this time we cannot take any more commodes or standard walkers.** We have plenty to loan.

**Please do not "drop off"** donations without calling ahead.

**All donated equipment must be clean and in very good condition.** Please call the COA office at (978) 264-9643 to **donate or borrow equipment.**

*Thank you for your support of this valuable service.*

### Crafty Times at the Council on Aging

Samples of these projects are in the COA office.

#### **"Classy Cuffs" Class**

**Wednesday, December 3<sup>rd</sup>, 1:00 p.m.**

Say that three times fast! Join us with your store bought chenille mittens or gloves, size 5, 6 or 7 knitting needles and some leftover mixes of yarn to learn a fun way to dress up plain gloves. You'll learn how to quickly knit up cuffs of mixed yarns and attach them to your gloves, changing them forever and creating wonderful gifts! No charge for class and no need to sign up but you must bring a pair of gloves, knitting needles and two yarns to be knit together. Consider knitting a matching scarf! There will be time for you to make more of these for gift giving!

#### **Give a Bit of Yourself!**

On Thursday, December 4<sup>th</sup> and 11<sup>th</sup> we will craft cute **felt snowmen to be sent home with the Meals on Wheels program.** We need cutters, gluers and assemblers as we piece together these cute fellows who hold thermometers for the lucky receiver! **Join us at 1:00 p.m., bring your favorite craft scissors** and thank you for offering your talent.

### Evergreen Centerpieces!

**Tuesday, December 16<sup>th</sup> at 1:00 p.m.**

Back by popular demand! We will again craft original and very pretty evergreen centerpieces to be enjoyed at home. **Plan on bringing a container**, whether you choose a plastic lined basket or a solid bowl, we will provide the oasis, some greens and berries. You may choose to enhance your arrangement with ornaments or decorations from home. **We are looking for a wide selection of greens and would ask that you offer to bring a bucket of something from your yard when you sign up.** This program is offered at no charge but help is needed in gathering and providing greens. **Call the COA office to sign up** and to let us know what you will be able to provide.

The **Veteran Homestead Medical Van** is at Acton Town Hall on the **fourth Wednesday of each month, from 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

### COUNCIL ON AGING Trip Policies

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip.** If payment is not received in time, your name will be removed from the sign-up and a waitlisted person will be contacted. **We will return your check if you cannot go and if your place can be filled.**
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips. If you do not have it you may be denied a seat on the trip.**
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip. Staying on the bus is not an option.**

**Sign-up for these trips has been on-going.  
Please call the COA office.**

### 2003/2004 Boston Symphony Orchestra Open Rehearsal Season

The next BSO Open Rehearsal will be held on **Thursday, February 26<sup>th</sup>**. Please call the COA to reserve your seat as we have pre-purchased 47 tickets for each of these performances. We arrive at Symphony Hall in time to hear the introductory lecture and then to enjoy the full rehearsal, returning to Acton about 2:00. You may bring a light snack or lunch to enjoy during the ride home.

**February 26<sup>th</sup>:** Herbert Blomstedt, conductor and Peter Serkin on piano. Mendelssohn Overture, *The Fair Melusine*; Mozart Piano Concerto No. 17 in G, K.453, Nielsen Symphony No. 4, *The Inextinguishable*.

**April 1<sup>st</sup>:** Grant Llewellyn, conductor and the Tanglewood Festival Chorus.

**COST: \$25.00**

**Depart: St. Elizabeth's Church Lower Back Parking Lot at 8:00 a.m.**

### Reagle Players' "Christmas Time" Sunday, December 7<sup>th</sup>, Matinee

On Sunday, December 7<sup>th</sup> we will enjoy an **all inclusive brunch at the Holiday Inn in Boxborough at 11:00 a.m.** and then travel to Waltham to enjoy a wonderful **Christmas performance by the highly acclaimed Reagle Players.**

**COST: \$59.00 with brunch at Holiday Inn  
\$40.00 bus and performance only**

**Depart: Boxborough Holiday Inn 12:30 p.m.  
St. Elizabeth's back lot 12:45 p.m.**

**Waitlist for cancellations only.**

### Hartford's "Holiday Light Fantasia" The Whistling Swan Restaurant Thursday, December 18<sup>th</sup>

Start off with a luxury coach ride, stop off for a wonderful late lunch and sprinkle it all with a tour through Goodwin Park near Wethersfield, Ct. to view this magical-larger-than-life animated lighting display. We'll travel to The Whistling Swan Restaurant in Sturbridge for a full, late lunch-early dinner, with your choice of Boneless breast of chicken with rice and mushrooms, roast pork with pan gravy or fresh broiled Scrod, an appetizer, and dessert. A vegetarian entree is always available. Lunch will be served at 2:30 p.m., we'll start to tour the light show about 5:00 p.m. and return to Acton at approximately 8:00 p.m.

**COST: \$36.00** (includes bus, full lunch, light tour, gratuities).

**DEPART: 1:30 p.m. from St. Elizabeth's back parking lot.**

### COA Trip Certificates

The certificate, available in various denominations, can be used on future trips of your choice. Please call the COA office at 978-264-9643 for details. Suggest this to family members looking for gift suggestions for you!

### Acton Senior Quilters Raffle to Benefit Friends of the COA "Auntie's Garden" Pattern

A gorgeous, hand appliquéd double/queen size quilt will be **raffled off on December 17<sup>th</sup> during the Holiday Luncheon** at the Senior Center. The proceeds will benefit The Friends of the Acton Council on Aging.

### **“Are You O.K.?”**

Would you be reassured if you received a call everyday at the same time? Maybe the “Are You Okay” program is for you.

**This telephone reassurance program is being offered to any Acton resident who would benefit from a daily scheduled contact for a “well-being” check. To enroll in this free service, please call the COA at 978-264-9643 for more information**

### **GOING AWAY FOR THE WINTER?**

*Please give us a call so we can temporarily take you off our mailing list while you are away. Unfortunately we cannot send newsletters out of town so please stay informed of upcoming events and trips by:*

- *Calling our office at (978) 264-9643*
- *Calling your friends in Acton*
- *Checking the Town of Acton website*

*at [www.acton-ma.gov](http://www.acton-ma.gov).*

*Please call us when you return and we will resume mailing the newsletter. Thank you.*

### **ACTON COUNCIL ON AGING**

**Town Hall, 472 Main Street  
Acton MA 01720  
Return Service Requested**

### **Eastern Mass. Literacy Council and You**

The Eastern Massachusetts Literacy Council (EMLC) is seeking volunteers to work one-on-one with adults who need to learn to read and write, or who need to learn English as a Second Language. This is a wonderful opportunity for seniors. For more information or to volunteer, please call (781) 395-2374 and thank you.

### **Massachusetts Winter Games**

The Winter Games will be held from January through April with an awards ceremony to be held immediately following the last hockey game on April 25<sup>th</sup>. Applications are now available in the COA office for Alpine and Cross Country Skiing competitors. The summer games will be held from June 17<sup>th</sup> through the 24<sup>th</sup>. This is a qualifying year, so the competition should be at the highest levels. For more information you may find the Senior Games at [www.maseniorgames.org](http://www.maseniorgames.org) or email them at [Senior\\_Games@spfldcol.edu](mailto:Senior_Games@spfldcol.edu). Good luck!

**PRSRT STD**

**U.S. Postage Paid**

**Acton, MA**

**Permit #67**